

Spa Bermondsey KS3 Home

We hope you find the websites and activities useful! English and Maths work will continue to be delivered each week. Get in touch if there are specific resources or materials you need.

The links below are for families to work through with their child together. Don't forget to check out the BBC Home Learning programs as well! <https://www.bbc.co.uk/bitesize>

Science

Learn about forces and friction : <https://www.bbc.co.uk/bitesize/topics/zvpp34j>

PSHE

In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way : <https://home.oxfordowl.co.uk/bookshop/jon-burghman-everybody-worries-free-ebook/>

Or watch it here: [Caroline Chan- Everybody Worries \(YouTube\)](#)

Music

Log onto Charanga, using the letter below for your class. Lessons have been assigned by our Music Teacher Lauren.

Humanities

Learn about Chinese New Year <https://www.theschoolrun.com/homework-help/the-chinese-new-year>

Art

Use this How To guide from the Royal Academy to create family portraits <https://www.royalacademy.org.uk/article/family-how-to-portraits>

Social Communication KS3 are learning about different solo activities; see the PowerPoint below to try some different activities.

Cooking

Take a look at this BBC how to video on how to knead bread: <https://www.bbc.co.uk/food/techniques/kneading>

You can find the recipe of the week below

Computing

Pupils can explore how computers are used in different jobs [How do people use computers at work? - BBC Bitesize](#)

A fun way to explore how binary codes work: <https://csunplugged.org/en/at-home/mind-reading-magic/>

Tips from the therapists:





Occupational Therapy Top tips:

Here are some activities that you can do at home that have hidden sensory benefits. You could do these independently or in a circuit. If you are doing these as a circuit, start with the more alerting activities and follow by calming, unless you feel your child is already very alert and needs to calm down – in which case go straight to calming.

<file:///C:/Users/M.isci/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/L7C2BYE3/OT%20Activity%20for%20the%20week%20-%20key%20stage%203.pdf>

| Alerting | Calming |
|--|--------------------------------------|
| • Wall press ups | - Squeezy hugs |
| • Star jumps | - Deep breathing |
| • Movement break videos – YouTube or GoNoodle! | - Wrapping up in a blanket |
| • Dancing | - Massage |
| • Workout videos – Joe Wicks on YouTube | - Play-doh |
| • Eating crunchy foods | - Yoga – Cosmic Kids Yoga on YouTube |

Makaton

| | |
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| To Want  | The Best  <p>Dominant thumb tip brushes non-dominant thumb tip sharply forward and up</p> |
| Smile  <p>Facial expression important</p> | To Show  |

Spa School Bermondsey



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